

## **What is NRT?**

Nicotine Replacement Therapy (NRT) are safe and effective medications to help people to stop smoking. NRT contains Nicotine which is the addictive chemical found in a cigarette, but it does not contain all the other harmful chemicals found in a cigarette. It is far safer to use NRT than to continue smoking.

## **How does NRT work?**

NRT delivers nicotine to the brain and over the course of the treatment (maximum 12 weeks) gradually reduces the brains dependency on nicotine. This is done by slowly reducing the dose of the product being used. Using NRT allows you to treat the nicotine addiction while also changing your behaviour and break the habits associated with smoking. It is important to use the medication regularly to keep an even amount of nicotine within the body and to support the reduction in dependency.

## **How do I get NRT?**

NRT is available through your Smoking Cessation Advisor at CAMQUIT, your GP or local community Pharmacy. It is available every 2 weeks on NHS prescription for a maximum of 12 weeks.

## **Are you pregnant?**

The use of NRT during pregnancy and breast feeding is supported by national guidance. The benefits of stopping smoking and the use of NRT are likely to outweigh the associated risks if the woman continues to smoke.

Please note:

- Advice and support from your Midwife or Stop Smoking Advisor is very important.
- If using an NRT patch, please remove it at night.
- Oral products are preferable.
- Liquorice flavoured products should be avoided.

## **Are you under 18 years old?**

NRT products are licensed to be used by 12 year olds and above. But it can only be used after an assessment and be recommended by a Stop Smoking Advisor or health professional.

Stopping smoking with or without medication may cause withdrawal symptoms such as changes in mood, sleeplessness, difficulty in concentration, changes in appetite and bowel movements.

**Always read the leaflet that comes with the product**

NRT product	Max daily dose	How to use the product	
<b>Patch</b>	<ul style="list-style-type: none"> <li>• Use one patch daily</li> <li>• High strength for 4 - 8 weeks</li> <li>• Mid strength for 2 – 4 weeks</li> <li>• Low strength for 2 - 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to clean, dry, intact, non-hairy skin on the trunk or upper arm.</li> <li>• Reapply a new patch each day, usually in the morning, on a different site</li> </ul>	
<b>Lozenges</b>	<ul style="list-style-type: none"> <li>• 1-2 lozenges per hour</li> <li>• Daily maximum : Niquitin – 15 lozenges Niquitin Mini – 15 lozenges Nicotinell – 25 lozenges Nicorette Cools – 15 lozenges</li> <li>• Gradually reduce dose after 6 weeks and then further reduction over the following 12 week treatment programme.</li> </ul>	<ul style="list-style-type: none"> <li>• Suck one lozenge until the taste becomes strong.</li> <li>• Park the lozenge between the gum and the cheek. When the taste fades, suck the lozenge again.</li> <li>• Repeat until the lozenge has dissolved completely – about 30 minutes.</li> <li>• <b>Mini lozenge</b> fast acting dissolves within 10 minutes</li> <li>• <b>Cools lozenge</b> – dissolves within 20 minutes</li> </ul>	
<b>Gum</b>	<ul style="list-style-type: none"> <li>• No more than 15 pieces a day</li> <li>• Full dosage for 3 months then gradually taper off. Stop when down to 1-2 pieces per day</li> </ul>	<ul style="list-style-type: none"> <li>• Start chewing slowly – around 15 chews are needed for initial release of nicotine.</li> <li>• On feeling a tingling sensation or when the taste becomes strong place the gum between the cheek and the teeth and let it rest.</li> <li>• When tingling or taste is almost gone start chewing again.</li> </ul>	
<b>Oral strip</b>	<ul style="list-style-type: none"> <li>• 1 strip every 1-2 hours for weeks 1- 6.</li> <li>• 1 Strip every 2-4 hours for weeks 7-9.</li> <li>• 1 strip every 4-8 hours for weeks 10-12.</li> <li>• 1-2 strip per day for weeks 12+</li> <li>• No more 15 strips a day.</li> </ul>	<ul style="list-style-type: none"> <li>• Place film on the tongue. Close the mouth and press the tongue gently to the roof of the mouth until film dissolves (about 3 minutes).</li> <li>• Do not chew or swallow.</li> </ul>	
<b>Mouthspray</b>	<ul style="list-style-type: none"> <li>• Maximum 64 sprays in 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Prime the pump before use. 1-2 sprays to be used as and when required.</li> <li>• Most smokers require 2 sprays every 30 minutes to one hour.</li> </ul>	
<b>Micro tab</b>	<ul style="list-style-type: none"> <li>• Maximum 40 tablets daily</li> <li>• Stop when using 1-2 tablets per day</li> </ul>	<ul style="list-style-type: none"> <li>• Place the tablet under the tongue and allow to dissolve slowly.</li> <li>• Do not chew or swallow</li> </ul>	
<b>Inhalator</b>	<ul style="list-style-type: none"> <li>• Use 6 cartridges daily for up to 8 weeks</li> <li>• 1 cartridge will last for 40 minutes of intensive use</li> </ul>	<ul style="list-style-type: none"> <li>• Suck through the mouthpiece as if sucking through a straw. Shallow puffing is best</li> <li>• Hold the vapour in the mouth – this is how it works best</li> <li>• Do not try and inhale the vapour in the cartridge</li> </ul>	
<b>Nasal spray</b>	<ul style="list-style-type: none"> <li>• No more than 3 doses per hour</li> <li>• Maximum dose 64 sprays (32 doses) in 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• One spray into each nostril</li> </ul>	

**If you have recently had a heart attack or stroke or have other medical illnesses such as diabetes please discuss this with your advisor before starting your treatment.**